

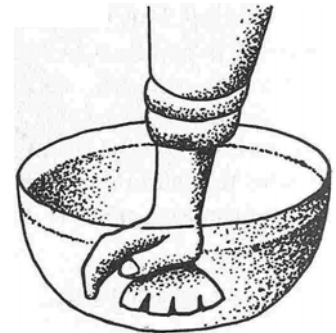
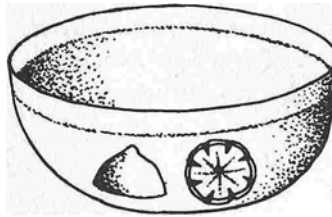
Lemon Compress for the legs

Use only if the feet are hot.

During high fever the excessive heat of the head must be conducted to the legs. The following treatment can be very effective

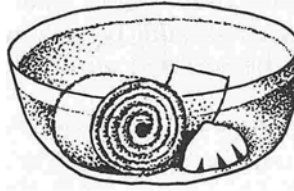
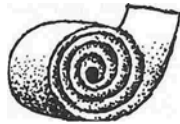
Requirements

- a bowl of lukewarm water
- one lemon
- a knife
- a cloth
- for small children, a few pairs of large socks
- 2 towels
- 2 safety pins

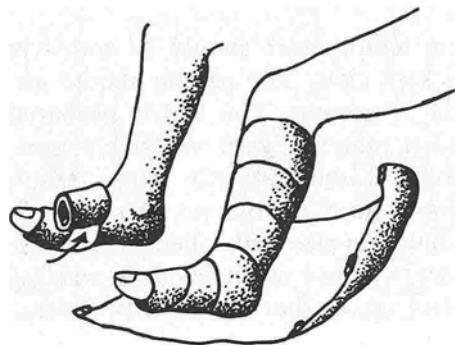


Procedure

The lemon is cut in half and one half is placed in the bowl of lukewarm water. It is cut into a star shape under water and then the juice is pressed out. In this way both the juice and the volatile etheric oil from the skin is released into the water. The cloth for the compress is rolled up and placed in the bowl.



The blankets are turned back at the foot of the bed and folded back. One towel is placed under each leg. The legs should be bare to just above the knees. One roll is now thoroughly squeezed so that not a drop remains in the compress, and then it is wound round the leg from the toe to the knee. Make sure that there are no gaps and that the whole foot is thoroughly wrapped up. The towel under the leg is folded and pinned around the foot and the leg. A woollen shawl can also be used as a bandage around the compress. For small children it is usually easier to fit a large cotton or woollen sock over the compress.



The other foot and leg are then wrapped up in the same way and the bedclothes are replaced.

After twenty to twenty-five minutes the compresses will have dried out. If they have not, they were probably too wet when they were applied, and the patient may even have cold feet. In this case the compress should be removed immediately and the feet can be warmed with a hot water bottle or rubbed warm.

Depending on the patient's condition the treatment can be repeated immediately or after a little while. If he has fallen into a peaceful sleep, the compresses can be left on, provided you are sure that they have dried out. If the process is repeated, use the other half of the lemon and fresh water.